

Local pg 3

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'surreal'
Olympic
moment



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Tories attack 'socialist' NDP

POLITICS Mirroring charges against the Democrats in the United States, the Tories called the NDP a "socialist government" yesterday in a news release.

Former cabinet minister Cecil Clarke sent out a re-



Cecil Clarke

lease attacking Tourism Minister Percy Paris for celebrating the return of airport service to Yarmouth while refusing to fund the CAT ferry.

"This community has been devastated by this socialist government, so to throw out a hollow platitude only makes it worse," Clarke said in the release.

METRO HALIFAX

News on the Move

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Sports pg 10

Olympic dream over for NHLers?

Health&Beauty

A Metro special focus - spring into a new you, pages 12-15

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Cross burning Case continues today



Nathan Rehberg covers his face with a baseball cap as he is escorted from the Hants County courthouse yesterday. Rehberg and his brother Justin face charges from last month's cross-burning incident outside of Windsor. Their case was remanded to today. Story, page 2

Internal economy board opens up

PAUL MCLEOD
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SPENDING The closed door has been kicked down.

Nova Scotia's internal economy board will meet today in public for the first time as it begins the overhaul of the disgraced MLA expense system.

The board, made up of a group of MLAs from all parties, previously met in secret and over the years crafted the system auditor

general Jacques Lapointe criticized as enabling abuse of public money.

In the wake of the expense scandal that grew out of Lapointe's report, Premier Darrell Dexter announced he was opening up the system. This spring the government will put forward new legislation to replace the board with an open commission.

In the meantime the board will hold what will probably be its final meeting today at 1 p.m. in the

legislature to take the first steps of reform.

Dexter said the board will set a deadline for all political expenses to be posted online. It is also expected to require receipts for all expenses. Under current rules, MLAs can claim as much as \$48,000 per year without providing receipts.

The board will also receive an interim report by former speaker Art Donahoe on how to fix the system. His full report is expected in July.

A matter of security

Citing public safety, Kelly says cop debate must remain in-camera

ALEX BOUTILIER
for Metro Halifax

Halifax regional council met behind closed doors yesterday discussing the future of policing in the municipality, and will do so again today.

Council convened to receive and review a report from the Board of Police Commissioners. While the specific details of the report haven't been made public, it's believed it recommends expanding the Halifax Regional Police to service the entire municipality.

If council accepts the recommendation, it would essentially eliminate the RCMP's presence in HRM. As of right now, there are close to 180 RCMP officers serving outlying regions of the municipality such as Sackville and Cole Harbour.

Mayor Peter Kelly said there are several reasons this issue is being discussed in private.

"It involves public security, contract, staffing," Kelly said following yesterday's in-camera meeting that wrapped up late in the day. "Due to public security, we do not want to disclose to the criminal element where there may be some deficiencies in our overall system."

cies in our overall system."

Since first reported last week, the report has provoked vocal public support for the RCMP. But Kelly said the information leaked to some media outlets isn't the final version of the report.

"Again, that was from working papers the media had," he said. "They are not part of this discussion today. We know that there is support for the RCMP throughout the municipality, we know that there is support for the HRP throughout the municipality ... That's not the debate."

Kelly admitted there was a vote to open the discussion up to the public yesterday, but wouldn't reveal the outcome.

Kelly also defended the Board of Police Commissioners, comprised of three councillors and three citizens, saying they did what council requested — review the policing structure and come back with recommendations.

"Now it's in the hands of council and council will decide where to go from here," Kelly said. "There's no predisposed or predetermined outcome."

Council is reconvening this morning to continue the debate.



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New charge laid in cross case

Rehberg brothers also accused of criminal harassment

PAUL MCLEOD
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Two brothers before the court for allegedly burning a cross on an interracial couple's lawn are now facing a new criminal charge.

Prosecutors announced yesterday they were charging Justin Rehberg, 19, and Nathan Rehberg, 20, with criminal harassment. The charge, which is usually levelled in stalking cases, comes with a 10-year maximum sentence.

A bail hearing yesterday for the Rehbergs at Hants County provincial court in Windsor was put off until today. The brothers, who are from Avondale, Hants County, are also charged with mischief, uttering threats and public incitement of hatred.

During the brief court appearance, Nathan Rehberg gestured "I love you" to a girl in the gallery and at one point broke down in tears.

Shayne Howe and Michelle Lyon were in attendance. They say they discovered a two-metre-tall burning cross with a noose hanging from it outside their home in Newport, Hants County, a week ago Sunday.



Shayne Howe and his fiancée, Michelle Lyon, leave the Hants County courthouse yesterday. They are the victims of the cross burning in front of their home outside Windsor last month. Nathan and Justin Rehberg are charged with public incitement of hatred, mischief and uttering threats, and they appeared in court yesterday.

Rally for victims

Over 200 people took part in a rally in Windsor to support the victims of this incident on Saturday. Shayne Howe and Michelle Lyon had originally said they planned to move because they feared for their children's safety, but now say they've received so much community support they're not sure whether they will relocate.

Several people also came out to support the Rehbergs yesterday. One person was overheard saying he wouldn't interpret a burning cross

as a symbol of racial hatred. "You know what? A lot of them don't," Howe told reporters.

"A lot of them are here to support Justin. We heard a lot of people say that Justin's not that kind of person, and I don't know. I don't know Justin."

Lyon said there's no excuse for the crime.

"To me, that's a cop-out," she said. "The significance of a burning cross and the noose around the neck, they knew exactly what they were doing."

None of the charges have been proven in court.

Robicheau pleads not guilty to rape

COURT Michael Derrick Robicheau pleaded not guilty yesterday to a crime so violent it sparked an overhaul of late-night security at gas stations in the province.

Prosecutors allege Robicheau entered an Ultramar station on Portland Street in Dartmouth on Aug. 21, 2007, and attacked the lone female employee. He allegedly raped the woman and slashed her throat.

Robicheau had been released from prison just 11 days earlier after serving two-thirds of an eight-year sentence for a previous violent attack on a female cashier at Subway.

Charges include attempted murder, unlawful confinement, sexual assault, robbery and possession of a weapon.

A trial is tentatively set to run on Oct. 8, 22 and Nov. 5.

Halifax man declared violent offender

PAUL MCLEOD
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CRIMINAL A Halifax man with a lengthy criminal record, a pattern of violence and past ties to a white supremacist group was declared a violent offender yesterday.

Christopher Edward Newhook will now stay in jail indefinitely.

The most recent of Newhook's approximately 50 criminal convictions occurred in 2007, when he pleaded guilty to aggravated assault. Newhook knocked on the door of Halifax resident Chris Dempsey, and when it opened he stabbed Dempsey in the forehead.

Newhook accused the man of ratting him out over a noise complaint.

Yesterday at Halifax provincial court, Newhook was deemed to be such a high risk to the community



Christopher Edward Newhook is escorted out of a courtroom at Halifax provincial court in this file photo from 2007. Newhook, who has several violent assault convictions, was declared a dangerous offender yesterday.

that he cannot be released.

His violent past includes several attacks against minority groups and taking part in a brawl with an anti-

racism group in Toronto in 1993. Newhook reportedly chased an unarmed man with a baseball bat emblazoned with a swastika.

Drunk-driving charges worry Mounties

FEBRUARY Halifax RCMP charged four more people with impaired driving this past weekend, capping February's impaired-driving charges at 17.

According to police spokeswoman Const. Tamu Bracken, the four-week total is cause for concern.

"It's definitely worrisome," she said. "We really want people to start using alternative modes of transportation when they know that they're going to be out drinking."

One charge was the result of a routine traffic stop in Whites Lake early Saturday morning. Police say the driver was determined to be impaired, and refused to take a breathalyzer test. RCMP also found 500 illegal cigarettes in the vehicle.

Police received reports of another impaired driver leaving Dooley's bar in Bedford late last night. When officers pulled the suspect over, he allegedly resisted arrest and was taken into custody. No officers were injured in the incident.

Bracken said the RCMP will continue to aggressively target drunk driving.

"The RCMP are always out there," she said. "We're continuing to do our checkpoints, and we're continuing to encourage the public to call 911 if they suspect they see an impaired driver."

Suspect sought after indecent act

SEARCH Halifax Regional Police are looking for man who they say pulled down his pants and began touching himself while watching a woman walk on a residential Halifax street.

Police say they received a call from another pedestrian at 7:18 a.m. Saturday about the incident. Police say the witness yelled at the man, who then took off running between houses on the street. Police say he was able to flee the area.

Police say the suspect was wearing a ski mask, grey hoodie and jeans while performing the indecent act. He's described as six-foot tall and about 200 pounds.

METRO HALIFAX

Man charged after police cruiser hit by minivan

A man is facing charges, including impaired driving, after a minivan slammed into a police cruiser in Sydney, sending an officer to hospital with minor injuries. Police say the van failed to stop at a stop sign early yesterday. The accused, who is 35, is also charged with failing a breathalyzer test. **METRO HALIFAX**

Sid's goal the stuff of legend

Ex-Olympian Joseph says game-winning shot a career 'pinnacle'

PHILIP CROUCHER
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His moment wasn't golden like Sid The Kid's, but Fabian Joseph certainly knows the feeling of skating for Canada at the Winter Olympics and leaving with a medal around his neck.

The Sydney native and former Bedford resident twice skated for Canada in men's hockey at the Olympics — 1992 in Albertville, France and 1994 in Lillehammer, Norway — and in each instance brought home a silver medal.

So who better amongst Nova Scotians to ask about the unbelievable Olympic moment for Cole Harbour's Sidney Crosby, who is now forever a part of Canadian hockey lore for his golden goal in overtime against the United States in Sunday's gold-medal game in Vancouver.

"Obviously he scored a lot of big goals in his career, but that has to be the pinnacle — for

sure," said Joseph, a former Dalhousie Tigers men's hockey coach who is now an associate coach with the Quebec Major Junior Hockey League's Moncton Wildcats.



Fabian Joseph

"That's a goal that's going to be remembered by Canadians for a long time." Joseph, who

watched Sunday's big game with friends immediately after his Wildcats upended the visiting Halifax Mooseheads in QMJHL action, remembers well the support he received from both Nova Scotians and Canadians when competing at the Olympics.

But he readily admits doing what Crosby

'This is a phenomenal achievement'

Mayor Peter Kelly planning to honour Crosby

• Mayor Peter Kelly said yesterday the municipality will "definitely" be doing something to recognize Sidney Crosby's gold medal at the Winter Olympics, but no date has been set.

The 22-year-old has rejoined the Pittsburgh Penguins and should be in the lineup tonight as they host the Buffalo Sabres, whose No. 1 netmin-

der Ryan Miller is the American goaltender Crosby beat five-hole with Sunday's game-winner.

Kelly said they plan to get in touch with Crosby and his family in the coming days to select a date that works well for him.

"This is a phenomenal achievement and must and should be recognized," Kelly said.

did in front of the home fans takes it to another level.

"To actually do it in your home soil with your nation behind you — it must have been surreal," he said.

Much was made about Crosby's lack of offensive production heading into Sunday's overtime, as No. 87 had

gone nine periods without recording a point.

However Joseph, who referred to Crosby's play at the Olympics as "steady," pointed out, "the cream always rises to the top." Crosby finished with four goals and three assists in seven games.

Unfortunately, Crosby's fans will have to wait for some time to celebrate this gold medal with him.

The 22-year-old is scheduled to be back on the ice tonight as his Pittsburgh Penguins host the Buffalo Sabres, whose No. 1 netminder Ryan Miller is the American goaltender Crosby beat

five-hole with Sunday's game-winner.

Canada's Sidney Crosby celebrates his game-winning goal at the men's gold-medal hockey final at the 2010 Winter Olympic Games in Vancouver on Sunday.

PAUL CHIASSON/THE CANADIAN PRESS

Lawrencetown man charged in theft from secure compound

ROBBERY A 23-year-old Lawrencetown man is charged with break and enter after police say someone robbed a secure compound in Burnside late Saturday night.

Halifax Regional Police say two volunteers with the HRP Burnside Patrol unit came across a suspicious vehicle on Ilsley Avenue around 10:45 p.m.

A person was then seen running from the area, police say, and a suspect was apprehended a short time later.

Police allege a secure compound had been entered and wheels from a vehicle were removed.

Police say the accused, who is due in court April 13, has also been charged with possession of break-in tools.

METRO HALIFAX

Screaming Eagle charged with attempted robbery

SYDNEY A member of the Cape Breton Screaming Eagles hockey team was to appear in Sydney provincial court yesterday after being charged in an attempted robbery early Sunday morning.

Kalin Michael Paul, 19, a defenceman from Member-tou, is charged with attempted robbery along with Julian Conrad Sylliboy, 20, of Eskasoni. Paul is facing a charge of breaching court-imposed conditions. Sylliboy also faces two counts of

Suspension

- The Cape Breton Screaming Eagles has suspended Kalin Paul indefinitely.
- This season, Paul has played in 45 games for two teams, netting two goals, four assists, and 107 penalty minutes.

breaching court-imposed conditions.

Police say a man walking along Kings Road near the Wentworth condos was approached by two males at

about 4:30 a.m. Sunday, and they assaulted him and attempted to steal his money. No weapon was involved. The man escaped and contacted police. He sustained minor facial injuries.

Two suspects were apprehended a short time later and were kept in police custody overnight Sunday.

Paul was acquired by the Quebec Major Junior Hockey League's Screaming Eagles in a trade with Baie-Comeau in January.

CAPE BRETON POST

N.S. loaning paper mill \$75M for land purchase

FORESTRY The Nova Scotia government is lending \$75 million to help Northern Pulp buy 190,000 hectares of land in a deal that will see property in six counties fall under the province's protection.

Northern Pulp said yesterday its purchase from Neenah Paper will ensure a wood supply for its mill in Abercrombie, which is also

Other purchases

- The province will also buy 22,000 hectares of land from Neenah for \$16.5 million.
- Most of that land in Cumberland, Colchester, Pictou, Halifax, Hants and Guysborough counties is slated for protection.

slated for \$5 million in im-

provements to fight odour in the community.

Percy Paris, minister of economic and rural development, said ownership of the woodland is critical to the long-term viability of the mill. Northern Pulp directly supports about 1,700 jobs in Nova Scotia, but Paris said the economic impact will be widely felt.

THE CANADIAN PRESS

Province's francophones unlikely to use services in French, report shows

LANGUAGE Most Acadians and francophones in Nova Scotia remain optimistic about the future of French in the province, but a "strong majority" of those surveyed for a new study said they prefer to use English in public settings.

The study, released yesterday, found 90 per cent of 600 francophones surveyed said they were unlikely to ask for government services in French unless prompted in some way.

Kenneth Deveau, the study's main author, said the findings suggest the province must do a better job of letting the province's 30,000 francophones know when services are offered in their mother tongue.

"There's generations of socialization at play," said Deveau, a professor with Saint-Anne University.

"We've been programmed to assume that the language of service in Nova Scotia is in English, as is the case in most Canadian provinces."

Deveau's study, prepared for the Office of Acadian Affairs, included six recommendations aimed at improving services for the province's French-speak-

"We've been programmed to assume that the language of service in Nova Scotia is in English."

Kenneth Deveau, Saint-Anne University

ing minority.

Among other things, the study says Nova Scotia should make all road signs, government forms and office signs bilingual.

As well, the study says the government should promote French-language service by asking service providers to greet the public in both languages and wear special pins that indicate they are bilingual.

"If you add visual prompts ... nine out of 10 francophones say that, yes, they'd be apt to continue in French," he said.

Deveau said he didn't know how much these changes would cost, but he insisted it wouldn't be much, citing federal studies that show provision of bilingual services require very little money.

THE CANADIAN PRESS

News in brief

STOLEN CARD Halifax Regional Police say a man is facing several charges after a home was broken into yesterday morning on Needham Street in Halifax. Police say a man went through an unlocked door of the home before 8 a.m. and stole several articles from the kitchen.

Police say about four hours later, they responded to a fraud in progress at a business on Joseph Howe Drive. Police say the man arrested was using a

credit card stolen in the break and enter.

BREAK-IN Two men are facing charges after police say a residence was broken into on Jamieson Street in Dartmouth around noon time yesterday. Police say they observed two males leaving the house, with one arrested on site and the second a short time later after a foot pursuit. Police say goods from the residence were recovered.

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Cop violated ex-NHLer's rights, court hears

A lawyer for Rob Ramage is telling Ontario's top court that a police officer wilfully and deliberately violated the former NHL player's Charter rights. Ramage was found guilty in 2007 on several charges including impaired driving causing death in a crash that killed his friend, fellow former NHLer Keith Magnuson. Ramage's lawyer, Brian Greenspan, argued before the Court of Appeal for Ontario yesterday that the police officer seized a urine sample from Ramage without his informed consent.

THE CANADIAN PRESS

Canada



Whitby, Ont. Feet of Flaherty



Finance Minister Jim Flaherty, left, removes his shoes to try on a pair at a store as shop owner Gary Barton looks in Whitby Ont., yesterday ahead of this week's federal budget.

Despite a national deficit, their travel comfort's on you

Federal politicians aren't letting a record deficit stop them from jetting around the globe in style.

MPs and senators from all parties are proposing to spend almost \$1.5 million in taxpayers' money in the next fiscal year to attend meetings in such exotic locales as Swaziland, Seychelles, Trinidad, Kenya, India and Indonesia.

And with sky-high airfares of up to \$10,500 each, they don't appear to be planning to fly economy — or shopping for the lowest price.

Details of the planned excursions are contained in the draft budgets for the Inter-Parliamentary Union and the Commonwealth Parliamentary Association, obtained by The Canadian Press. They are just two of a dozen parliamentary associations to which federal

politicians belong.

The IPU is asking for \$870,366 and the CPA for \$605,818 — most of it for international travel. Both budgets must still be approved by the Joint Inter-parliamentary Council, which is overseen by the Speaker of the House of Commons and the Senate's internal economy committee.

The IPU budget provides the most detail, including estimated airfares for each of its 16 international trips planned for the 2010-11 fiscal year. For instance: \$10,500 to Jakarta and New Delhi, \$5,000 to Vienna, \$7,000 to Geneva, and \$2,500 to New York.

The proposed fares don't appear to take into account the fact that many of the trips are months away — some as much as a year away — which should re-

Hey big spender...

• The ticket prices seem very high, even for business class. The Canadian Press was able to find business or executive class fares for \$3,600 to New Delhi, \$8,700 to Jakarta and \$3,000 to Vienna — more than

\$1,000 less than the IPU's estimates. And while politicians often say business class is justified on long flights, \$2,500 to make the short hop to New York is several times the cost of an economy class ticket.

sult in some savings for tickets booked in advance.

The CPA's draft budget doesn't specify airfares for each of its 11 overseas trips planned for the coming fiscal year. But in notes on the trip to Kenya in September for eight delegates and one staff member, it observes: "when circumstances permit the purchase of tickets well in advance, substantial savings can be made in the cost of the airfares."

It adds that the delegates will only be reimbursed an

amount "corresponding to the lowest economy fare." There is, however, no similar advisory for any of the CPA's other trips.

THE CANADIAN PRESS

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They're the face of climate change, but research says polar bears may be more adaptable than we think. Scan this code for the story.

Syncrude failed to protect fowl: Lawyer

OILSANDS Prosecutors say Syncrude Canada was the only oilsands company that failed to deploy noise cannons when 1,600 ducks died on one of its tailings ponds in northern Alberta two years ago.

Provincial and federal prosecutors also contend Syncrude workers responsible for deploying the noise-makers were not working that day in April 2008.

"Other companies in the area had deployed their bird deterrent devices," Alberta Crown prosecutor Susan McRory said yesterday at the start of the oilsands giant's trial on provincial and federal environmental charges.

"Syncrude failed in its duty to protect the birds."

Federal lawyer Kent Brown said evidence in the trial will show that even placing tailings ponds underneath migratory bird corridors is against the law.

Syncrude lawyer Robert White unsuccessfully put forward a motion asking that someone else hear the case. He took issue with

Tarnished rep

• Images and stories of the dying waterfowl made news around the world and prompted Prime Minister Stephen Harper to suggest the dead ducks had tarred Alberta's and Canada's international image.

the fact that provincial court Judge Ken Tjosvold used to work with McRory as a prosecutor before he became a judge.

White said he doesn't believe the judge is biased, but added it is important the public does not have that perception.

White also asked the judge to consider trying Syncrude on either the Alberta or federal charge — not both.

"There is a legal parallel behind the two charges," he suggested.

The trial is expected to last up to eight weeks. The charges were laid after a flock of ducks landed on the 12.2-square-kilometre toxic pond on April 28, 2008.

THE CANADIAN PRESS

Vancouver Among the wildlife



Czech Republic Olympic team staff members Jaroslav Lucan, left, and Tomas Lucan pose for photographs with a beaver and moose mascot as they wait to check in for their flight home at the Vancouver International Airport in Richmond, B.C., yesterday. The airport expected to have its busiest day ever with about 58,000 people passing through as athletes and visitors head home after the Vancouver Winter Olympics.

Hospitals face scrutiny as docs begin probe

MASTECTOMIES Two other hospitals will be scrutinized by Ontario investigators as they try to uncover why unnecessary mastectomies were performed at a Windsor hospital, but

there are no plans to widen the probe further, Health Minister Deb Matthews said yesterday. Three doctors will start the investigation this week at Hotel-Dieu Grace Hospital

— where two unnecessary mastectomies were performed — as well as Windsor Regional Hospital and Leamington District Memorial Hospital, Matthews said.

THE CANADIAN PRESS

News in brief

MEMORIAL A scholarship and bursary program has been established in the memory of the 17 victims of the crash of Cougar Flight 491 off Newfoundland last year.

THE CANADIAN PRESS

Four charged for ticket fraud

U.S. federal prosecutors say four California men made more than \$25 million US reselling tickets to events they acquired by hacking into Ticketmaster and other sites. **THE ASSOCIATED PRESS**

5

World

'Emergency without parallel': Chile leader

Rescuers found signs of life in the wreckage of a 15-story building yesterday as the world offered aid to victims of an earthquake that killed more than 700 people. Looters roamed the streets even after troops and police arrested dozens of people for violating a curfew.

The toll of dead rose to 723, with 19 others missing, the National Emergency Office announced, in a magnitude-8.8 quake that President Michelle Bachelet called "an emergency without parallel in Chile's history."

Some coastal towns were almost obliterated — first shaken by the quake, then

Mining OK

• Canadian mining companies with operations in Chile aren't reporting any damage from Friday's earthquake, but some say damaged infrastructure could make it difficult to get supplies. Some of Canada's biggest mining companies have operations in the South American country.

slammed by a tsunami that carried whole houses inland and crushed others. Shocked survivors were left without power, water or food.

In Concepcion, the biggest city near the epicentre, rescuers heard the

knock of trapped victims inside a toppled 70-unit apartment building and began to drill through thick walls to reach them, said fire department Commander Juan Carlos Subercaseux.

Firefighters had already pulled 25 survivors and nine bodies from the structure.

Electricity was still out, however, water was scarce and looters re-emerged at dusk despite beefed up security.

Dozens of people sacked stores selling food, clothing and drugs, fleeing when police appeared to drive them away. Some struck gas stations, stealing cash from attendants.

THE ASSOCIATED PRESS

India Colourful Holi-day



Youth with painted faces ride a bike during Holi festivities in Mumbai, India, yesterday. Holi, the Hindu festival of colours, also heralds the coming of spring.

Dozens dead after storm

FRANCE Thousands of firefighters and other rescue workers searched house by house yesterday along France's devastated Atlantic coast, trying to help those still stranded by a storm that smashed sea walls and killed at least 62 people across western Europe.

The storm, called Xynthia, blew into France early Sunday with hurricane-

force winds, flooding ports, destroying homes and leaving one million households without electricity. It also battered Belgium, Portugal, Spain and parts of Germany and snarled train and air travel throughout the continent.

French President Nicolas Sarkozy toured the worst-hit areas yesterday.

THE ASSOCIATED PRESS

News in brief

AUTO General Motors says it is recalling 1.3 million cars to fix power steering motors that can fail. **THE ASSOCIATED PRESS**

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Litany of complaints in embattled Marjah prove 'hearts and minds' will be elusive. Scan this code for the story.

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Billionaire Warren Buffett said yesterday the economy is improving, but very slowly, and consumers are still not spending much, so job growth will remain slow. **THE ASSOCIATED PRESS**

Business

DOLLAR	N.GAS	OIL	TSX
 US 96.01¢ US 1¢	 US \$4.679 US 13.4¢	 US \$78.70 US 96¢	 11,728.06 98.43

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Fast food Nostalgia stills sells



Colin MacDonald is the general manager of the Chickenburger restaurant in Halifax. Even when the 1950s-style landmark isn't packed, nostalgic patrons often are happy to dine in their cars.

Confidence in economy up

Ontarians still worried: Survey

Canadians are becoming more confident about the state of the economy as the labour market improves, the latest consumer confidence survey from the Royal Bank of Canada shows.

The exceptions are Ontario and Atlantic Canada, where job anxieties have increased since January.

In the February RBC Canadian Consumer Outlook released yesterday, 30 per cent of Ontarians report that a member of their household is worried about losing their job or being laid off.

That's a four-month high and the highest level in the country; job anxiety is 25 per cent nationally. While worries about jobs also went up by six percentage points to 24

per cent on the East Coast, it fell in all other regions of the country.

"It's not entirely surprising given how difficult the recession has been in Ontario," said Robert Hogue, senior economist with the Royal Bank of Canada.

Respondents in Manitoba and Saskatchewan had the lowest levels of job anxiety, just 13 per cent.

Overall, the index rose to 109 in February, up three points from 106 in January. That's the highest level the index has reached since it was established in November 2009.

Canadians are divided on the overall state of the economy, but a slim majority — 53 per cent — now describe the economy as good. **TORSTAR NEWS SERVICE**

Toyota says sorry to China

AUTO Toyota President Akio Toyoda apologized yesterday to customers in China for the company's quality problems and emphasized the importance of the fast-growing market to his company.

Toyoda said he flew straight to Beijing from the United States to show his sincerity to China's customers.

"The Chinese market is

very important, so I flew here in person in the hope my personal expression of an apology and explanation will give customers some relief," Toyoda said at a news conference.

Toyoda's decision to make China his second foreign appearance reflected the importance of its market as sales lag elsewhere.

THE ASSOCIATED PRESS

Growth rate jumps to 5 per cent

GDP Canada's economy expanded more than expected in the final months of 2009, as the country experienced the largest quarterly increase in gross domestic product in nearly a decade.

Statistics Canada says the annual growth rate in the fourth quarter rose to a surprisingly strong five per cent. That was a full percentage point higher than economists had generally expected.

It was also above the

Bank of Canada's latest estimate in January, when the central bank was looking for the fourth-quarter growth rate to be 3.3 per cent.

THE CANADIAN PRESS

m.metronews.ca



In time for budget week, a policy group is urging Ottawa to ramp up deficit spending to boost the economy. Scan this code for the story.

Your Money

Tips for self-employment success

Alison OnMoney

Alison Griffiths

metronews.ca/alisononmoney

No more pencils, no more books, no more bosses' dirty looks. You're free! Self-employed. Out of the rat race.

OK, so the reality is you've been down-sized, given a package or just plain canned. Such is the way of life when unemployment creeps toward 10 per cent and companies prune everything possible to fatten their bottom line.

But if you go about it the right way, self-employment can be a satisfying and profitable experience. Here are four steps to success.

1 Have a financial plan: Determine your absolute

minimum personal and business expenses. This is the monthly nut you must come up with in order to keep the lights on, the car in the driveway, kids in daycare and food in everyone's belly. Add in known business expenses such as a bigger cellphone bill, paper, postage, etc.

2 Know where your cash flow is coming from: Where is the revenue and when will it arrive? Even if you have steady work lined up, it may be 30 to 90 days before invoices are paid. Can you draw on savings or a low interest line of credit should you be caught short?

If you are still employed get a credit line approved before you are pink-slipped. These days it is difficult for the self-employed to get credit, especially when you are starting out.

3 Be disciplined: Have a routine that includes everything from answering emails to chasing new business. You won't always be able to follow it but



Being self-employed means being prepared for days when you'd kill for a bit of water-cooler chat.

your daily or weekly plan provides a critical framework in the absence of bosses and colleagues.

Do a self-check at the end of the day for tasks accomplished and move the rest into the next day or week. This is one way to feel good about your progress during slow periods.

Be prepared for lonely times and for days when you'd kill for a bit of water

cooler chat.

4 Network like crazy: Join like-minded groups, attend seminars, stay in touch with former colleagues and volunteer in your community. Be patient, because it can take time for such contacts to germinate.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

6 ways to protect yourself from fraud

HEATHER BUCHAN
For Metro Canada

SECURITY March is Fraud Prevention Month, a campaign organized by the Competition Bureau of Canada — with seminars taking place across the country on everything from fraudulent telemarketing to internet scams, to false charities and counterfeit money — to arm Canadians with tips and information on how to protect themselves against all types of fraud.

Here are some top tips: **1** When an offer sounds too good to be true, warning bells should go off in your head, because the offer probably isn't true.

2 Whether it's a job or investment opportunity you're being pitched, if the offer involves sending money and time-pressure, get independent advice before agreeing to anything.

3 Always log directly on websites, rather than clicking on links you receive in emails, as those links could send you to bogus websites.

4 Never give details about your bank accounts or credit cards to anyone over the phone, by fax or by email unless you know and trust them.

5 If you're told you've won a prize or the lottery, but never entered the contest or lottery, don't agree to anything before checking with an independent source.

6 If you are ever unsure of a situation, you should contact the Competition Bureau, the RCMP, the Canadian Anti-Fraud Centre, the Better Business Bureau or the Charities Directorate of the Canada Revenue Agency.

For a list of seminars, go to <https://competition-bureau.gc.ca>.

Fraud Prevention



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If you have a chip card, *insert it in the terminal first*. You'll avoid an unnecessary swipe of the card, and reduce the chance of fraud. If the terminal doesn't accept chip, you will be prompted to swipe your card. As part of Fraud Prevention Month, we remind you to always protect your PIN. In the unlikely event you do experience fraud, count on Total Loss Protection*.

So insert your chip, and pay easy.



Everyday Simply™

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

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Comment

PM basks in the glow

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

The spectacular Canadian performance at the Winter Olympics could not have come at a better time for Stephen Harper. It's the biggest feel-good story since the 1972 Canada-Russia hockey series. The Games turned public attention fully away from the political shenanigans of the governing party in suspending Parliament.

Harper was at the Games, trying as best he could — as any politician would — to share in the spotlight.

The euphoria should pay off in a handsome bounce for him in the polls, though there is no guarantee. Our 1972 triumph over

the Russians did not produce a political benefit for the Trudeau Liberals. They came within a hair of losing the election that took place right after the series.

There will be an irony of sorts if Harper gets a big boost from the Olympics. The big rap against him is that there is no sportsmanship in the games he plays, no demonstration of Olympic ideals. He runs from the field when the opposition gets tough. He head-butts opponents. He repeatedly throws

away the rulebook. If politics were an event in the Games, the Olympic movement would have had Harper expelled long ago.

On that note, it is to be hoped that the prime minister, as well as opposition leaders, learned something from the way in which our athletes comported themselves. They showed how you can win with hard work and an honest and honourable effort.

Parliament finally returns this week. Our MPs have been on vacation for much of the last year and a half. In 2008, from June until into the new year, Parliament sat only two weeks. Last year, it had its traditional three-month summer break and, more recently, starting in December, it had another three-month break. If our Olympians took this much

time off they would never win anything.

Tomorrow, there's the speech from the throne, likely the last from Gov. Gen. Michaëlle Jean, whose term expires in the fall. The budget from Finance Minister Jim Flaherty follows Thursday.

Among the reasons offered for the shutdown of Parliament was the need for time, the Conservatives said, to "recalibrate." But don't look for anything too exciting from the recalibration exercise. The budget will likely be a stabilizing effort that holds off on more stimulus spending in order to keep the deficit in check.

The Conservatives will contend that they have the country on the right track. They will want, though they play a different sport in a different way, to bask in the Olympic glow.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Stephen Harper



MY SELF-WORTH DEPENDS
ON THE PERFORMANCE OF
A NATIONAL HOCKEY TEAM.
WHAT'S MY PROBLEM?



We Know What You're Thinking

41%

The number of Canadians who would rather clean out their basement or garage than look at their taxes or finances.

IPSOS REID

See metronews.ca for Christine Williams' In Step column – Tiger Woods witch hunt is a hypocrisy

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax. Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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I caught the game
grabbed some Belgian food
ran into my favourite hockey player
watched a jazz trio from New Orleans
and learned the jitterbug

tell a better story than "I caught the bus and went home at 5:15"

DOWNTOWN HALIFAX
Where the Maritimes Meets the World
downtownhalifax.ca

Chicoutimi coach sets record for wins

Sunday was a record-setting day in the Quebec Major Junior Hockey League. Chicoutimi Saguenéens' head coach Richard Martel earned his 570th career victory, the most in QMJHL history, as Chicoutimi sank the Baie-Comeau Drakkar 3-1. **THE CANADIAN PRESS**

Sports



Saulnier makes the cut

Halifax's Jillian Saulnier has been named to Team Canada for the IIHF world under-18 women's hockey championship starting March 27 in Chicago. The five-foot-four forward plays for Toronto in the Provincial Women's Hockey League.

METRO HALIFAX

EDITOR: DON.MCHOULL@METRONEWS.CA

Role players deliver for Huskies

Two former Mooseheads get on the board in win over Axemen

MATTHEW WUEST
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If the Saint Mary's Huskies had a healthy roster, Shawn O'Donnell and Andrew White might have been healthy scratches last night. Instead, the ex-Halifax Mooseheads forwards held the keys to a critical victory.

The Huskies edged the Acadia Axemen 3-1 before a crowd of 2,478 at the Forum, getting a big goal from O'Donnell in the first and an even bigger assist from White on Cory Tanaka's game-winning tally just 4:10 into the third period.

The win gives the Huskies a 2-1 lead in the Atlantic University Sport best-of-five hockey semifinal.

O'Donnell, a third-line right-winger, and White, who mans the same flank on the fourth line, have been asked to elevate their games with injuries to stars Cam Fergus and Kyle Doucet.

"That's what we're there for," said O'Donnell, a Cole Harbour native who played 31 games with the Mooseheads in 2007-08. "We have some of the best players in the league on our team. We just try to follow suit from those guys and give those guys a rest when they need it and try to keep the heat on."

O'Donnell, a rookie, dove at a rebound in the crease and stabbed it past Axemen goaltender



Mike Danton of the Saint Mary's Huskies is surrounded by a sea of Acadia red as he attempts a shot in the first period of last night's AUS men's hockey semifinal game at the Forum.

Kristofer Westblom at 11:58 of the first. White, a sophomore who had 57 points in 117 games with the Mooseheads from 2006 to 2008, made a perfect cross-ice pass to Tanaka, who roofed one over a helpless Westblom.

Although Jonathan

Laberge pulled the Axemen to within one with the goalie pulled with 78 seconds left, another former Mooseheads forward, Colby Pridham, iced it with an empty-netter with 10 seconds to go.

"They kept us going the whole game for sure," said

Pridham, of the Huskies' grind lines. "We don't like to expect it from them but we just know they're going to be there for us."

The Huskies outshot the Axemen 43-25 but received tremendous goaltending from rookie Neil Conway.

The Huskies can wrap up the series tomorrow at 7 p.m. at the Forum. Game 5, if necessary, is Friday in Wolfville.

"It will be good for us to try and wrap it up at home," O'Donnell said. "They're a tough team to play in their barn."

Rookie netminder gives X-Men shot at huge upset

MATTHEW WUEST
matthew.wuest@metronews.ca

Lantz's Bryan Gillis and the St. Francis Xavier X-Men are on the verge of an upset of epic proportions.

Buoyed by Gillis' steady goaltending, the underdog X-Men have a stunning 2-0 stranglehold on the defending national champion New Brunswick Varsity Reds in the Atlantic University Sport best-of-five hockey

semifinals. They can plete an improbable sweep when they host Game 3 tonight at 7 p.m.

Gillis, a rookie who has started 15 straight games for the X-Men, stopped 58 of 62 shots in a pair of 3-2 wins in Fredericton, N.B.

"He's played very good, very composed, very confident, and our team in general has played well

around him," said X-Men head coach Brad Peddle. "We've kept pucks to the outside and cleared rebounds ... As long as he's seeing pucks like that, he's going to stop them."

Gillis, a 21-year-old who played major midjet for the Halifax McDonald's, was named Maritime Junior A Hockey League rookie of the year in 2005-06 with the

Antigonish Bulldogs before spending two seasons in Salmon Arm, B.C., at the junior A level.

Gillis took over for St. F.X. after his running mate — fellow rookie Joseph Perricone — went down with a mid-season injury.

"Bryan took the ball and ran with it," Peddle said.

Nobody could have seen this coming for fifth-seeded St. F.X. in early February, when the V-Reds had won 26 straight games and were

on the verge of a perfect 28-0 season. But the X-Men ended that run on Feb. 12 and appear to have uncovered the secret to beating their formidable foe.

"We were focused on playing our game, putting it all out there and not listening to anyone tell us we're underdogs," Peddle said, before noting that his team's work is far from done. "They're certainly going to bring it. We've got to be ready."

Bayside's Gaudet signs contract with USL team

SOCCER Derek Gaudet has earned a contract with the Oregon-based Portland Timbers and is expected to suit up with the United Soccer Leagues First Division club in April.

The 20-year-old midfielder from Bayside impressed the Timbers' staff during a mini-camp late last month. The team's pre-season training camp opened yesterday.

The Timbers, who have 22 players on their roster for this coming season, are joining Major League Soccer in 2010-11.

Gaudet is hoping to work his way back to MLS after making his professional debut with Toronto FC in 2008.

He spent last summer with Halifax Dunbrack and was named Nova Scotia Soccer League Premiership MVP. He also trained with the senior national team in January.

MATTHEW WUEST
/METRO HALIFAX

Sports in brief

AUTO RACING Lower Sackville auto racer Brad Eddy could compete in more than a dozen events in the NASCAR Weekly Racing Series in North Carolina later this year. The 15-year-old, a star on the local Bandolero circuit at Scotia Speedworld, announced yesterday he will try his luck south of the border. He is hoping to grab the attention of Joe Gibbs Racing Team, which advised him to make the move. His first race could be as early as March 20. **METRO HALIFAX**

SCOREBOARD

BASKETBALL

PREMIER BASKETBALL LEAGUE				
	W	L	Pct	GB
Puerto Rico	12	2	.857	—
Lawton-Fort Sill	10	2	.833	1
Rochester	9	3	.750	2
HALIFAX	9	3	.750	2
Vermont	4	6	.400	6
Manchester	4	10	.286	8
Buffalo	3	9	.250	8
Maryland	2	9	.182	8.5
Quebec	1	10	.091	9.5

FRIDAY

HALIFAX at Quebec

HOCKEY

QUEBEC MAJOR JUNIOR HOCKEY LEAGUE

FRIDAY

HALIFAX at Bathurst, 7:30 p.m.

SUNDAY

HALIFAX at Saint John, 4 p.m.

The Chicago Bears have waived former all-pro tackle Orlando Pace after one season in which he was limited to 11 games because of injuries. Chicago signed Pace last season as a free agent to help patch up a faulty offensive line, but the fading star didn't provide much help. **THE ASSOCIATED PRESS**

With Vancouver Games over, game on for NHL

Participation of league's players in future Olympics uncertain

A thrilling Olympic tournament capped with a golden goal.

Hockey was enjoying a sudden burst of popularity yesterday, a day after Sidney Crosby lifted Canada to a 3-2 overtime victory over the United States to win the gold medal at the Vancouver Games.

The ending could not have been better for the NHL, with the U.S. and Canada in the final and Crosby's Stanley Cup champion Penguins playing U.S. goalie Ryan Miller's Buffalo Sabres tonight, when most teams are back in action.

Yet the irony is that Crosby's wrist sliding under Miller might be the last Olympic memory the NHL can share.

The league has not yet agreed to stop the season again in four years to enable its players to participate in the 2014 Sochi Olympics. Two-time defending MVP Alex Ovechkin has already vowed that he will play in the Games in his host country regardless of what the NHL decides.

Debate continues to rage as to what effects — both positive and negative — taking a two-week break in the heart of the season has on the NHL. It all seems good when the Olympics are held in North America and its conducive time zones for television coverage of the Games, and when the gold medal game features a dream matchup.

But for every finish like this one, there is also the possibility Sweden and Finland could fight for gold on the last day, as was the case



Buffalo Sabres goalie Patrick Lalime makes a save during practice in Buffalo yesterday. Lalime said he will play against the Pittsburgh Penguins tonight.

at the 2006 Turin Olympics. And next time out, the Games will be in a time zone that makes for weak television ratings in North America.

NBC said yesterday that Sunday's gold-medal game was the most-watched hockey game in 30 years, drawing an average viewership of 27.6 million. Not since the finals of the Americans' 1980 Miracle On Ice run, when the U.S. secured gold against Finland, had so many viewed a hockey game on American television (32.8 million).

Canada's latest golden victory was seen by 10.5 million more viewers than in 2002 when the Canadians topped the U.S. for gold at Salt Lake City — a 61 per

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Alex Ovechkin more sanguine than his president, says Canada "deserved" to win Olympic gold. Scan this code for the story.

cent increase.

Still, even as NHL commissioner Gary Bettman praised the Olympic tournament, there was no discussion of the future.

"The 2010 Olympic Winter Games in Vancouver served as the latest affirmation that the quality of our play — and our players — is the finest in the world. We send our Olympians back to their NHL teams

with our congratulations, appreciation and thanks for having represented their NHL teams, their league and their fans with such distinction," Bettman said in a statement.

"As every member of the gold and silver medal teams plays for an NHL club, the speed and skill of our outstanding athletes and our game remains on display as the excitement of our season resumes."

The NHL had one game scheduled last night in its return from the 14-day Olympic break — Detroit at Colorado — with a 12-game slate today. Miller may get a chance for a bit of redemption and revenge against Crosby.

THE CANADIAN PRESS

Shaq likely done for rest of season

INJURY Cleveland Cavaliers centre Shaquille O'Neal had surgery on his injured right thumb yesterday and seems likely to miss the rest of the regular season.

If he gets back for the playoffs, though, O'Neal is promising to make up for his time out.

O'Neal will miss about eight weeks, the team said. He was examined Sunday by specialist Dr. Thomas Graham at the National Hand Center in Baltimore, who performed the surgery yesterday morning.

"He feels like he let us down, but we understand injuries happen in the game," said teammate Jamarion Moon, who got a text from the star centre along with the other Cavs. "I think he's really down about being out ... He let us know it's time to continue playing basketball and he's going to be all right."

The recovery timeline means O'Neal, who turns 38 Saturday, may not be ready for the start of the playoffs April 17. The Cavaliers acquired him last summer with an eye toward the post-season, after Dwight Howard and Orlando eliminated them in the Eastern Conference finals.

Sports in brief

DOMESTIC IN REGINA A study says it would be technically and economically feasible to build a domed stadium in downtown Regina, but that doesn't mean it's a done deal. The feasibility study says the facility would cost about \$386 million.

THE CANADIAN PRESS



Shaquille O'Neal is likely to miss the rest of the season.

Cleveland enters its game yesterday against the Knicks leading Orlando by six games for the best record in the East. Should the Cavaliers and Magic retain the top two seeds, they wouldn't meet until the Eastern Conference finals, which begin in mid-May.

"Will be out for a min but when I return it is on," O'Neal posted on his Twitter account yesterday morning. "Win da ring for da king! Luv my team, Cavs baby!"

O'Neal has played well for the Cavaliers, averaging 12 points and 6.7 rebounds in 53 games. He injured the thumb Thursday at Boston when his shot was blocked by Glen (Big Baby) Davis with just more than seven minutes left in the first half.

THE ASSOCIATED PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Detroit 3 Colorado 2

NBA

YESTERDAY'S RESULTS

Houston 116 Toronto 92
Atlanta 116 Chicago 92
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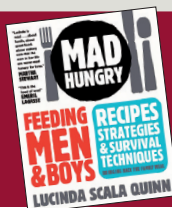
"Fat Doug" hamburger wins

Food Network Iron Chef Michael Symon's "Fat Doug" hamburger was recently named top burger at the South Beach Wine and Food Festival. It was a beef patty topped with pastrami, Swiss cheese and coleslaw on a brioche bun. **THE ASSOCIATED PRESS**

11

Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



The way to a man's heart...

Lucinda Scala Quinn is a devoted cook who believes that the way to her four males' hearts and stomachs is to provide them with homemade meals. So the vice-president and editorial director of food and entertaining for Martha Stewart Omnimedia is sharing her strategies and recipes in her fourth cookbook, *Mad Hungry: Feeding Men & Boys* (Artisan, \$39.95). She also provides survival techniques for bringing back the family meal. **THE CANADIAN PRESS**

A dish to satisfy mixed company

Serving dinner to mixed company — vegetarians and meat eaters, that is — can be a tricky affair. Hearty pasta dishes are your easiest path to culinary harmony.

Bow-tie pasta with rapini and chickpeas is a fine option for several reasons.

First, the rapini (also called broccoli raab, a pungent relative to broccoli) gives the dish an assertive, complex flavour that will please varied palates. The chickpeas also provide a meaty texture, as well as satisfying protein.

And if your heart's set on putting some meat in the dish, sweet or hot Italian sausage makes a tasty addition. Or a little cooked bacon crumbled over the top is nice, too.

Consider serving this pasta with some crusty bread and a salad dressed with a tart vinaigrette to balance the bold flavours of the dish.

Bow-Tie Pasta with Rapini and Chickpeas

MAKES 4 SERVINGS

INGREDIENTS:

- 1 kg (2 lb) rapini (broccoli raab)
- 250 g (8 oz) bow-tie pasta (farfalle)



Above: Bow-Tie Pasta with Rapini and Chickpeas. Above, right: Peanut Toffee Pie.

- 30 ml (2 tbsp) extra-virgin olive oil
- 3 cloves garlic, minced
- 1 ml (1/4 tsp) red pepper flakes
- 1 can (398 ml/14 oz) chickpeas, drained and rinsed
- 15 ml (1 Tbsp) lemon juice
- Salt and ground black pepper, to taste

- 50 ml (1/4 cup) grated Parmesan cheese

METHOD:

1. Bring a large pot of salted water to a boil.
2. Trim and discard stem ends, yellowed leaves and any stems thicker than 0.75 cm (1/3 inch) from rapini. Chop coarsely.
3. Add rapini to boiling

water (in batches if necessary) and cook until tender, about 2 minutes. Using a large slotted spoon, transfer rapini to a colander to drain, using spoon to press out any excess liquid. Leave pot of water over heat.

4. Add pasta to boiling water and cook according to package instructions.
5. Meanwhile, in a large

skillet over medium-low, heat oil. Add garlic and cook, stirring constantly, for 90 seconds. Add red pepper flakes and cook, stirring constantly, for 30 seconds. Add chickpeas, lemon juice and drained rapini. Stir until well combined and heated through. Season with salt and pepper.

6. Drain pasta and transfer to a serving bowl. Add rapini mixture and Parmesan cheese, then toss to combine. Serve with extra grated Parmesan for topping, if desired.

THE ASSOCIATED PRESS

Peanut Toffee Pie

MAKES 8 SERVINGS

INGREDIENTS:

- 23-cm (9-inch) frozen pie shell
- 150 ml (2/3 cup) corn syrup
- 125 ml (1/2 cup) brown sugar
- 2 eggs, lightly beaten
- 30 ml (2 Tbsp) butter, melted and cooled
- 1 ml (1/4 tsp) salt
- 10 ml (2 tsp) vanilla

- 250 ml (1 cup) peanuts
- Whipped cream (optional)

METHOD:

1. Place rack on lower shelf of oven. Preheat oven to 220 C (425 F). Place pie shell on a baking sheet and let stand for 10 minutes to thaw slightly.

2. Meanwhile, in a large measuring cup or bowl, whisk corn syrup with brown sugar, eggs, butter, salt and vanilla until any sugar lumps have dissolved and mixture is combined. Coarsely chop half the peanuts. Then sprinkle whole and chopped peanuts over pie shell base. Slowly pour filling over peanuts.

3. Bake on lower rack of preheated oven for 10 minutes. Reduce heat to 180 C (350 F) and continue to bake until deep brown and just set, 20 to 25 minutes. Let stand for at least 1 hour before slicing. Delicious warm or at room temperature served with a dollop of whipped cream, if desired.

THE CANADIAN PRESS

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Cheers to Oscar

Last year's snub of The Dark Knight convinced the Oscar brain trust to acknowledge 10 flicks this year. I've only seen five, so here's my annual (yet abbreviated) booze matches for the nominees.

AVATAR: I love my science fiction and the big blue Na'vi inspire the choice of **Hypnotiq** (\$40 - \$49.99) — a blend of vodka, cognac and tropical fruit juice — as the perfect colour-coordinated partner.

UP IN THE AIR: I fly a lot and when grabbing a drink on board I turn to a neutral spirit which, of course, is served in a 50 millilitre bottle. A little (literally) **Absolute Vodka** (\$2.99 - \$3.25) helps me go a long way.

INGLOURIOUS BASTERDS: All the Nazi scalping fun takes place in France so I'm sure the boys would have enjoyed a mug of French lager like the creamy **Kronenbourg 1664** (\$2.60 - \$2.99).

DISTRICT 9: The South

The 81st Annual Academy Awards

African location for this brilliant piece of sci-fi makes me think wine and a glass of **Two Oceans Shiraz** (\$9.95 - \$12.49).

THE HURT LOCKER: This explosive pic has a lock on Oscar. Celebrate with a Jäger Bomb made by mixing a half a can of Red Bull and an ounce of **Jägermeister** (\$28.95 - \$33.99).

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



Food in brief

BEVERAGE Ontario beermaker Brick Brewing Co. is expanding its reach through a new sales agreement for Atlantic Canada. Brick will be represented in the eastern provinces by AMCA Sales & Marketing, which has

its base in Atlantic Canada's grocery and foodservice sectors. Among Brick's brands are Waterloo, Laker, Red Baron and Formosa Springs Draft. The agreement runs to the end of 2012. **THE CANADIAN PRESS**

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Boot it up and get outside

Longer days make it easy to incorporate the outdoors into your routine

CELIA MILNE
for Metro Canada



Need to get rid of winter belly fat? Eating well is key, but so is exercise.

The best prescription, according to two fitness experts, is to get outside and walk, run, or play. After you've done some cardio, focus on your tummy. Crunches (sit-ups) are out, says Shawna Kaminski, a certified boot camp instructor in Calgary. The plank is in.

The plank, which is done in a position similar to a push-up, except the elbows and lower arms are on the floor, targets the abdominal area and is much safer and easier to learn than crunches.

"Hold the position for as long as you can. As you get stronger, hold it for longer periods," says Kaminski. "You'll have a stronger, flatter tummy."

The bonus: Having a strong core will reduce back aches and improve posture.

Another amazing exercise, which can be done anywhere, anytime, is the good, old-fashioned push-up.

"There is nothing new or glamorous about doing push-ups, but they work!" says Kaminski, who has been a physical education teacher for 20 years, as well as a national competitor in swimming and freestyle skiing, a body-builder, and a certified adventure boot camp instructor.



Beige may be the new black, but the plank is the new sit-up.

"You don't need a lot of fancy equipment to exercise outdoors. Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing."

for (calgaryNWBootCamp.com).

Push-ups work muscles of the upper body such as your chest, shoulders and triceps — as well as your core muscles.

If done regularly, they'll also do wonders for those "Hello Ednas," the pesky flab flaps behind your arms.

If you can't do full push-ups, do them with your knees on the ground.

Outdoor boot camps — which provide the incom-

parable value of exercising with a group, getting fresh air and having fun all at the same time — are exploding across the country.

"My clients tell me they prefer to exercise outdoors because they find gyms stuffy and sweaty and they worry about germs."

"Plus, you can't beat the amazing scenery," says Sandra Banks, a certified personal trainer in Vancouver (vancouveroutdoorfitness.ca).

You don't need a lot of

fancy equipment to exercise outdoors, says Kaminski.

Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing.

"You are only limited by your imagination. How long has it been since you tried the monkey bars?"

"You'll have new respect for children once you try this challenging upper body exercise," she says.

Aim for losing weight slowly: One or two pounds a week.

"If you have a lot of weight to lose, plan on attending boot camp or some other exercise regime long term," advises Kaminski.



Gyrotonic apparatus helps to build muscle and enhance coordination.

Tonic for a healthy mind and body

CELIA MILNE
for Metro Canada



There's a new workout in town.

Gyrotonic, which is inspired by swimming, tai chi, yoga and dance, involves graceful movements done on wood-framed equipment.

Like yoga, it takes a while to learn properly, but once you get it, it is an amazing workout that will leave you sweaty and out of breath but calm.

"The exercises are designed to increase the space between the vertebrae by moving several parts of the body simultaneously."

The goal of Gyrotonic, which is very new in Canada, is to build strength and coordination, says Crispin Redhead, a trainer and former dancer who runs Gyrotonic Toronto.

The exercises are designed to increase the space between the verte-

brae by moving several parts of the body simultaneously. The movements are fluid and somewhat unconventional — twists, bends, spirals and stretches.

They were developed by former dancer Julius Horvath in the 1960s. Redhead learned the techniques in New York City and brought

the machines and the discipline to Toronto.

Redhead has clients from age 14 to age 84. They include athletes looking for a balanced workout, professional dancers who

want to improve their performance, as well as regular folk toning muscles or rehabilitating an injury.

Sessions are one-on-one and customized to suit individual strengths and problem areas. For more information, visit crispin.ca



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SPECIAL FOCUS ON:

Spring into a new you

health & beauty 13

Sweating it out together

The J Spot

Josey Vogels

metronews.ca/thejspot

Getting on the same fitness page as your partner can be tricky. You've vowed to love each other in sickness and in health.

"Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together."

But when your idea of health is getting to the gym five days a week and eating a diet of fresh veggies and lean protein while your partner's idea of living healthy is not to "biggie" their fries, it can cause friction in the relationship.

With Olympic Fever still in the air and Spring Fever right around the corner, it's the perfect opportunity to try and get your fitness goals in sync.

Of course, "Honey, get your fat butt

off the couch and come to the gym with me," is not likely to motivate your partner. In fact, the word "fat" should never be uttered according to Tina Tessina in an article on thatshit.com. Tessina, a psychotherapist and author of *How to Be Free and Still Be a Couple* says the best way to raise the weight issue is to approach it from a health perspective. Instead of telling your partner they've gained weight

(duh, honey, really?), gently bring up the topic by saying, "I want you to be around for a long time and I'm worried about your health."

Yeah, I know, they'll know you're just finding a nice way to say they've packed on a few, but it may make them more open to doing something about it if you're at least nice and supportive about it. Nag-

ging your partner or criticizing them will only send them straight for the nearest bag of potato chips. Instead, influence by example. Prepare healthy snacks for yourself and keep healthy snack options in the house.

grams when they work out together. Just make sure the activity is something you both like. If you're a gym bunny but your partner would rather eat glass than get on a treadmill, find activities you'd both enjoy, like bike riding, hik-

ing or, I don't know,



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Rather than radically changing your diet and eliminating all your partner's favourite foods, make subtle changes. Switch out the hamburger for ground turkey in the chili, for example. Go grocery shopping together so you're both involved in meal planning and food choices. Also, while not exactly a candlelit dinner, it's still an opportunity to spend some time together.

Research shows that up to 94 per cent of couples stick with their fitness pro-

nude mud wrestling.

Hey, don't laugh. Regular exercise may make you want to get naked with each other on a more regular basis. Studies show that people that exercise regularly feel better about themselves, perceive they are more sexually desirable and experience greater levels of sexual satisfaction.

So, if you've run out of ways to motivate your partner to get healthy

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Three fun fitness iPod applications

Metro World News

• **HUNDRED PUSHUPS** A popular iPhone app that helps planning and reminding users to do the daily push-ups. The app keeps track of days and weeks and adjust the program to your current "exhaustion" level.

• **RUNKEEPER** One of the most popular aerobic exercise tracking apps was also one of the first. RunKeeper tracks duration, distance, speed and pace (and more) and helps motivating users to continue pushing further.

• **IPUMP TOTAL BODY** This one is for the real testosterone junkies out there, aiming to provide a pocket-sized personal trainer. The app breaks exercises down into four-week training cycles giving instructions every step of the way to that perfect body.



Make spring time check up time

MEDICAL

Whether you are young or old, male or female,

spring is a great time for your annual checkup.

For one thing, it helps build a relationship with your physician.

The tests that a doctor does help prevent prob-

lems from occurring, or catch them early on.

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Use the belly to lose the belly

ROMINA MCGUINNESS
Metro World News



Egyptian women used belly dancing as an internal massage; preparing the female body for childbirth.

Today, it's seen as one of the trendiest exotic exercises to hit the gym. Combining a cardio vascular workout with mental relaxation, a typical one-hour class will strengthen and shape the body.

Belly dancer Arina Djakova, from the London Dance Academy, tells Metro how to turn the dance into a full body workout, from the shoulder shimmy to the snake arms.

FULL BODY WORKOUT: "The entire body is being engaged, it's truly a full body workout," exclaims belly dancer Djakova, "Each and every muscle is worked on in isolation and the end result is a feminine body, with everything in the right place — not too skinny and with the most wonderful hips and waistline."



Belly dancing creates major muscle control.

LEGS: The dance moves and holding positions help you tone and engage your leg muscles. "As you hold one particular pose on one hip,

you are maintaining this because of the extra weight you are applying on the opposite side. This is what

allows you to build up strength and resistance," says Djakova.

STOMACH: This is really the crunch of the exercise — being able to perfect a belly roll, which requires you to roll your belly up and down without engaging any muscle other than your abdominals. You are individually using three parts of your abdominals as you roll up then down: the top, the middle and the bottom.

HIPS: One of the moves the body finds most natural in belly dancing is the figure of eight, which is a complete rotation of the hips. "Most people do the figure of eight every time they go out dancing without even realizing it," explains Djakova. "Every time you do the figure, you are emphasizing and enhancing the beauty and natural curb of your waist."

ARMS: The "snake arm" is when you lift the arm up and down from your shoulder and elbow. The effort required to lift the arm in the air without support helps tone this particularly difficult area.

NECK & SHOULDER: The shoulder shimmy, a backwards and forwards shaking movement, simultaneously works the shoulders and the hips. It's a cardio vascular exercise requiring deep breathing and that will make you break out into sweat. Your entire upper body, from the shoulders, to your neck over to your diaphragm is in motion — it's an incredible way of releasing energy.

POSTURE: Grace and posture is a key factor to the perfect belly dance. Postures are similar to those used in yoga and Pilates, whereby keeping in line with your spine will relieve tension from the lower back while building up strength.

MIND: "It's a low impact and relaxing exercise," says Djakova. "Moves are fluid, the mind relaxes and this helps improve self image and body confidence as you become more engaged with every single muscle. As you observe the swirling and swaying of your body, you become more in touch with it as a whole."



GETTY IMAGES



Dr. Renier van Aardt MD

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Super foods for a super flat stomach

For a taut torso fast adopt this short-term diet.

Fill up on lean proteins and leafy greens while limiting your intake of carbs.

Cut out processed foods and dairy because they mess with your digestive system and will only cause you to store fat and bloat.

Replace caffeine and alcohol with 1.5 to 3 litres of wa-

ter beans). Make sure to not fry these as this adds calories and could stagger digestion.

DON'TS

Milk and dairy products, especially fermented cheeses should be avoided, as should fried foods and carbohydrates such as bread, pasta and potatoes.

Chewing gum is also ill advised, as it will cause you to ingest air, which in turn will cause your stomach to bloat.

Overdoing it on acidic citrus fruits will irritate the lining of the stomach, which could lead to sensitivity and digestive problems.

METRO WORLD NEWS

Shake your hips like Shakira

A few exercises and tips for hips a waistline like Shakira by her personal trainer Tracy Anderson.

This series of movements will pull your abs in together and make the skin really tight next to the muscle. Start on a mat or put a towel over a carpeted area so that your back is supported

1. With legs shoulder-width apart and knees facing ceiling, lift and reach hand through legs alternating palm up and palm down. 25 reps then switch arms.
2. Keeping legs shoulder-width apart, return hands to behind head and lift leg straight up, toes pointed out. 25 reps on each side.
3. Pike: With legs straight out in front and together, overlap hands under tailbone. Raise legs together to a 90-degree angle before lowering to floor. Do 50 reps.
4. Lay back on mat, hands behind your head and keep the elbows out to the side. With legs straight out in front cross right leg at ankle over left leg. Lift up for 25 reps then switch legs.

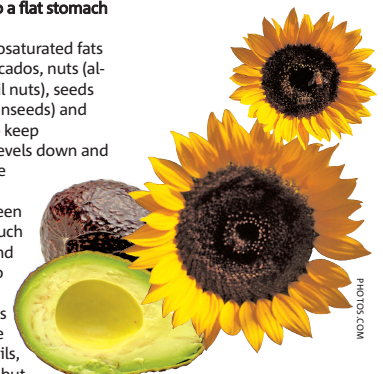
METRO WORLD NEWS

ter a day.

Dietary tips to a flat stomach

DOS

"Good" monosaturated fats found in avocados, nuts (almonds, brazil nuts), seeds (sunflower, linseeds) and olive oil help keep cholesterol levels down and help facilitate digestion. Add leafy green vegetables such as spinach and courgettes to your diet as well as pulses for their fibre content (lentils, black beans, but-



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SPECIAL FOCUS ON:

Spring into a new you

health & beauty 15

A scent sweetens the lives of Afghani women

JON TATTRIE
for Metro Canada



When Canadians think of Afghanistan, images come to mind of soldiers, dusty mountains and burkas. When Barb Stegemann thinks of Afghanistan, she smells flowers and a new perfume she's about to unleash on Canada.

"It's really precious. My perfumer says it's one of the greatest scents ever," the Halifax businesswoman and author says of Afghanistan Orange Blossom Eau de Parfum.

"It's very fresh. It's got lighter notes of freesia and other citrus notes, but mainly (it's) the orange blossom oil with a hint of jasmine. The perfume is incredible: it makes me happy," she laughs. "The minute you smell it, you associated it



Barb Stegemann

with light, fresh, happy; we're changing the perception of a community. There are some beautiful things in Afghanistan."

Born in rural Nova Scotia, Stegemann moved to B.C. and ran a consulting firm before returning to Halifax. Two years ago she published *The Seven Virtues of a Philosopher Queen: A Woman's Guide to Living and Leading in an Illogical World* and became



The orange-blossom oil used in the perfume is sold by women in Afghanistan.

a full-time author and motivational speaker.

Now she's set her sights on the beauty world with Afghanistan Orange Blossom. Stegemann buys orange-blossom oil directly from women in Jalalabad, Afghanistan. That allows them to earn a decent living without being beholden to the Taliban and it allows Stegemann to produce what one fashion magazine called an "absolutely glorious" scent.

Stegemann

has a professional perfumer turn the oil into perfume and has long-term ideas about branching out into candles and bath oils.

Like her book, the perfume's packaging comes infused with quotes from poets and leaders. During

the steep learning curve of bottling her own perfume, Stegemann was delighted to discover that "Gandhi" means "seller of perfume." Mohandas Gandhi is one of her personal heroes.

"Stegemann buys orange-blossom oil directly from women in Jalalabad, Afghanistan. That allows them to earn a decent living without being beholden to the Taliban."

For Stegemann, the total package is about 3-D beauty. "It's the new retail therapy: You come, you want to look more beautiful, you leave more beautiful on the inside," she explains.

Afghanistan Orange Blossom is being launched on International Women's Day (March 8) and will be available at The7virtues.com and select retail outlets across Canada.



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Roger Ebert, who lost the ability to speak after a series of cancer-related surgeries, is now able to "talk" again using a computer voice simulator he designed which will allow him to regain his "voice." He plans to debut "Roger Jr." on today's Oprah Winfrey Show. **EW.COM**

Roger Jr. speaks to Oprah

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Coco to wed

Canadian supermodel Coco Rocha announced on her website yesterday that she is engaged. Fiancé James Conran proposed to Rocha last week, she adds. **METRO NEWS SERVICES**



Last chance for Death Row

TheAudioFiles

Bryan Borzykowski

metronews.ca/music



It won't come as a surprise for you to know that I've never been to a Death Row Records party, but I can imagine what it would have been like. The venerable rap label, started by endlessly in-

carcerated Suge Knight and hip-hop legend Dr. Dre, played a major role, if not the biggest part, in gangsta rap's popularity. It's no secret that guns, drugs and dubious characters played a big role in the label's suc-

cess — and downfall.

It should be a different story tonight, when Death Row's new parent company, Toronto-based WIDEawake Entertainment, unveils its new 6,000-square-foot studio. There will likely be no old Death Row artists, corrupt cops, or ex-inmates at this shindig, only lawyers, media and business types.

The new Death Row, run by Lara Lavi, a self-proclaimed Jewish soccer mom, is about as far from gangsta as the label can get. It's still mired in controversy, but it's more of the white-collar variety (Lavi's suing WIDEawake for trying to dump her, Dre is suing Death Row for re-issuing The Chronic without his permission). Still, former Death Row engineer and now label president John Payne, said, in an interview with 411mania.com, he



Death Row Records, which was started by Suge Knight, above, and hip-hop legend Dr. Dre is now in Canadian hands.

hopes to put out new hip-hop music and continue to release songs from its back catalogue.

But, I have to ask, what's the point? Names like Tupac Shakur and Snoop Dogg are still big money makers, and the label's publishing assets are in the millions, but without the violence, drugs and the controversial leader, the Death Row brand isn't nearly as strong as it once was.

"I don't know if there will ever be the same street appeal for that label again," says Jake Brown, author of

The Rise and Fall of Death Row Records.

Brown adds that even the label's hope that rap fans will keep coming to the Tupac well over and over again may be misguided. "Most of those masters have either been repackaged or remixed," he says. "And Tupac fans, who have been an extraordinarily loyal consumer base, already bought those records."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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CHEVROLET

**CHEVROLET**

Simon Cowell's, left, makeup artist girlfriend, Mezghan Hussainy, stepped out in public for the first time sporting the whopping engagement ring the American Idol judge gave her after proposing, according to top Popeater. **METRO WORLD NEWS**

Celebrity Buzz

Douglas admits he wasn't the best dad

LIKE FATHER, LIKE SON. With Cameron Douglas facing 10 years of jail time at his April 27 sentencing on a drug conviction, his father, Michael Douglas, is taking stock of his role in Cameron's upbringing — and sees parallels to his relationship with his own father, Kirk, people.com reports.

"My priorities were very similar (to my father's). Career first," Douglas

tells Vanity Fair's April issue in describing Cameron's early years.

When Douglas and his first wife, Diandra Luker, split in the 1990s, it left Cameron with a largely absent celebrity father — much the same situation that Michael endured when his parents divorced in the 1950s.

"The history

of second-generation actors isn't great in our industry. It's kind of a tragic road, actually," says Douglas, who went to rehab for alcohol problems in the early 1990s. It's a pattern that has continued with the third generation, as Cameron himself was once an aspiring actor.

Cameron, 31, pleaded guilty in January to distributing a large quantity of crystal meth.

METRO NEWS SERVICES

She doesn't feel worthy

BUT I'M SURE WAYNE AND GARTH WOULD DISAGREE often found herself out of her depth when working with big Hollywood names.

The 27-year-old actress believes she has been fortunate to land so many big roles, but admits she has

she said: "I owe so much of my career to luck. My mother always told me that luck is preparation meets opportunity and I've been

given extraordinary opportunities to work with filmmakers long before I was talented enough and deserved to work with them. I've learned a lot from them. I just keep getting hired. I consider myself lucky and I don't know who is responsible for it."

METRO NEWS SERVICES

Holmes 'audit' claims lead to baby speculation

WILL SURI GET A SCIENTOLOGY-APPROVED SIBLING? Katie Holmes is allegedly undergoing intense "auditing" at the Scientology Center in Hollywood, leading sources to speculate that she's preparing for a second child with Tom Cruise, according to

Page Six.

Holmes has been reportedly spending up to four hours at a time in the high-security church headquarters. "This is exactly what happened just before she got pregnant with Suri," a source says. "Tom has made no secret of the fact that he would like another baby. It is almost as if she is being prepared for it."

METRO WORLD NEWS

Jude finally meets daughter

AND HER FIRST WORDS WERE: how the actor should support the mother and child. Jude Law met with Samantha Burke, the mother of his five-month-old daughter, for the first time since baby Sophia was born, according to the Sun. The two sat down in Miami with Law's lawyer to decide on plans for

"Jude was very on edge about the meeting," a source says. "The pregnancy wasn't planned but he wants to do the right thing. It's not like he can hide. As soon as Sophia can use the Internet she can find out who her dad is."

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

KEVIN SMITH is reeling from a call from Gov. Schwarzenegger, **JUSTIN BIEBER** can concentrate on more than one game at a time and **LILY ALLEN** is helping her pooch recuperate after a fight.

@ThatKevinSmith If you'd have told me that one day Arnold was gonna call me because I was fat, I would've been... well, scared. But he was really nice.

@justinbieber At the laker game with the hockey game on the tv screen. Today is a great sports day. Canada for the gold

@lilyroseallen Mabel got beaten up by bigger dogs. She went to doggy hospital, but she's ok.



METRO NEWS SERVICES

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Black Eyed Peas - Imma Be

Adam Lambert - What Do Ya Want From Me

Down With Webster - Your Man

Boys Like Girls - Two Is Better Than One

Young Money Ft Lloyd - Bedrock

Jay-Z - Young Forever

Rihanna - Rude Boy

IYAZ - Solo

Ricky J - Whatta Night

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kidcraig@1013thebounce.com

1013 THE BOUNCE.com

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/10	31	31	31	ABC News Center 5	World News	Inside Edition	Chronicle	Lost "Lighthouse"		Lost "Sundown" (N)	20/20 (N)	
	7	7	7	ASN The Road to Avonlea	Degrassi: Next	TMZ (N)		Lost "Lighthouse"		Swarmed (2005, Suspense), Carol Alt		
	11	11	11	CBC Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in Hall	Comedy	CBC News: The National	The Hour	
	2	2	2	CBC-F Pyramide (SC)	Union-force	Virginie (SC)	La Facture	Providence (HDTV) (SC)		Trauma "Foi et néant" (SC)	Le Téléjournal	
	32	32	32	CBS WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS: Mother's Day (N)		NCIS: Los Angeles (N)	The Good Wife	
	69	69	69	CTM TVA nouvelles	Le Cercle (SC)	La Fievre de la danse (SC)		Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)	TVA nouvelles	
	6	6	6	CHIF Entertainment	ET Canada	The Good Wife "Bang"		NCIS: Mother's Day (N)		NCIS: Los Angeles (N)	News Final (N)	
	9	9	9	CJCH Lost "Sundown" (N)	Law & Order: Special Victims			American Idol The Top 10 female semifinalists perform.		CTV News		
	10	10	10	ELTV (6) EastLink Television				Podium TV		Community Matters		
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol The top 10 female semifinalists perform.			Fox First	
	12	12	12	NBC News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser (N)			Parenthood (N)	
	29	29	29	NW (6) Power & Politics		The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National	fifth estate	
	4	4	4	PBS-B PBS NewsHour (N)		Greater Boston	Maria Hinojosa	NOVA (HDTV) (N) (DVS)		Frontline (N) (DVS)	Frontline	
	35	35	35	PBS-D PBS NewsHour (N)		Business Rpt.	Worldfocus	NOVA (HDTV) (N) (DVS)		A History of Surgery	Frontline (N)	
	68	68	68	TQS Guerre clans	Atomes croch	Roxy (SC)	Roxy (SC)	CSI: NY (SC)		Flashpoint (SC)	L'Attaque à 5	
	23	23	23	BNN Business News	Headline	Market Call Tonight		The Close	Market Call	Squeeze Play	Business News	
	18	18	18	CNN (6) The Situation Room With Wolf	Blitzer (N)			Campbell Brown (N)		Larry King Live (N)	Cooper 360	
	54	54	54	GOLF Golf Central	Play Lessons	Learning	Inside PGA	Honda Classic Highlights		John Daly	Haney Project	
	52	52	52	RSE Connected W-Prime Time		MMA Conn	NHL Hockey New	York Rangers at Ottawa Senators. (HDTV) (Live)			Hockey Central	
	55	55	55	SCOR After Wrestling	Covers Experts	Cabby Unlimit	Score Today	Court Surfing NBA news, scores and highlights.				
	45	45	45	SPD Barrett-Jackson 2005		NASCAR	NASCAR Hub	Race in 60 "Las Vegas" (N)		Monster Jam (HDTV) (N)	Danger-Drives	
	53	53	53	TSN Off the Record	SportsCentre	That's Hockey!	NHL Hockey Philadelphia Flyers at Tampa Bay Lightning. (HDTV) (Live)			Wizards-Place	Ned's School	
	43	43	43	FAM Han, Montana	Sparks-Place	Sonny Chance	Suite Life	Overruled!		Franklin	King of the Hill	American Dad
	44	44	44	TOON Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	Babar	Little Bear
	26	26	26	TREE Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	27	27	27	YTV iCarly	To Be Indie	iCarly	Scorpion	Criminal Minds "Lo-F"		Criminal Minds (HDTV)	CSI: Miami	
	16	16	16	A&E The First 48 (HDTV)		Criminal Minds (HDTV)		Cashing In	Rabbit Fall	Arizona Dream * (1992, Comedy-Drama)		
	70	70	70	APTN APTN News	Cooking-Wifm	Fish Out of	Mixed Blessing	National Security ** (2003, Comedy)		Martin Lawrence.	Michael Vick	
	50	50	50	BET 106 & Park: BET's Top 10 Live				Live at the Rehearsal Hall		The Susan Boyle Story	Paul Potts	
	37	37	37	BRVO Emily of New Moon		Mozart Decoded		Reba	Reba	According-Jim	Improvement	
	25	25	25	CMT Top Twenty Tearjerker Videos		Amer. Funniest Home Videos		Comer Gas	Name Is Earl	The Simpsons	South Park	Fit-Conchords
	49	49	49	COM Just for Laughs		Air Force	22 Minutes	Video Justice	Dumb Criminal	Struggle for Justice	Missing Link	
	153	153	153	COURT Missing Link		Missing Link		How It's Made	How It's Made	Destroyed	Destroyed	Swamp Log
	38	38	38	DISC Destroyed	Destroyed	Daily Planet (N)		Million Dollar Listing		Bang, Buck	Genevieve	House Hunters
	48	48	48	HQTV Extreme Makeover: Home		House Hunters	Property Virgin	Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients-Badly
	46	46	46	HIST Ancient's Behaving Badly		Ancient Discoveries		Degrassi: Next	Degrassi: Next	My Date With...	Muchmusic Countdown	
	17	17	17	MM Secret Life of American Teen		America's Best Dance Crew		Ranked!				Hammertime
	19	19	19	MMW mmtop10.ca		The Daily Fix						
	201	201	201	M1 (6:30) Never Back Down (2008, Action)		(8:25) Desperate	Escape (2009)			You Don't Mess With the Zohan (2008)		
	48	48	48	OLN Mantracker		Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters
	51	51	51	PEACH Friends	Seinfeld	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims	Seinfeld	
	206	206	206	PIX (6:20) Perfectly Normal		(8:15) The Wizard of Oz **** (1939, Fantasy)		Fiddler on the Roof (1971, Musical) Topol.				
	67	67	67	RDI RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI économie	
	39	39	39	SHOW Trailer Park	Trailer Park	Relic Hunter		Termination Point (2007, Suspense)		Jason Priestley.	Drop-Diva	
	40	40	40	SLICE What Happen?	Wedding SOS	Rich Bride Poor Bride		Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	
	47	47	47	SPACE Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV)	Fringe	
	14	14	14	SPiKE CSI: Crime Scene Invstgtn.		UFC Unleashed (HDTV)		UFC Unleashed		UFC Unleashed	Blue Mountain	
	98	98	98	STAR etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)	Dr. Oz Show	
	21	21	21	TLC Say Yes-Dress	Say Yes, Dress	Ultimate Cake Off		The Tiniest Girl in the World		19 Kids-Count	19 Kids-Count	Little Parents
	34	34	34	TROP End of Leash	Last 10	Parking Wars	Parking Wars	Rescue Ink		Dog Whisperer	End of Leash	
	20	20	20	TV5 Que-champion	Journal de Fr2	Zoom animal		Découvrir le monde		Paritir autrement	ADN	
	28	28	28	V Just Cause		Murder, She Wrote		May-December	When I Laugh	Quantum Leap	Unscripted (N)	
	97	97	97	VIVA Da Vinci's Inquest		Cold Case		Psychic Inv.	The Closer "Homewrecker"		Cold Case	
	22	22	22	W House-Sell	House-Sell	Supernanny		Shopping Bags	Grocery Bag	Beauty Call	Look Good	
	251	251	251	WGN WGN Evening News		Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place (HDTV)	WGN News	

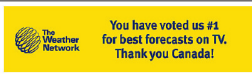
critics' corner

Parenthood Freely adapted and updated from the 1989 movie comedy of the same title, this new dramedy views contemporary family life as reflected by the large and colorful Braverman clan. In the series premiere, Sarah (Lauren Graham, "Gilmore Girls"), a single mom, returns to Berkeley, Calif., to be closer to her family, while brother Adam (Peter Krause) learns that his son (Max Burkholder) has Asperger's syndrome. 11 PM on NBC



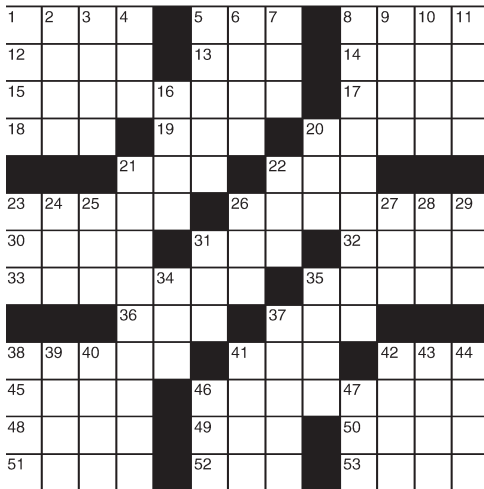
Kids in the Hall: Death Comes to Town The plot thickens in the sixth installment of this comical murder mystery series. Questions arise about Crim's (Scott Thompson) guilt when Shuckton is rocked by a second murder, and Ricky's (Bruce McCulloch) investigation turns up not one but two shockers in the new episode "Cause of Death." 9 PM on CBC

Paul Potts: By Royal Command This special catches up with the man who took the big prize in season one of "Britain's Got Talent." Potts, a cell-phone salesman from Bristol, England, wowed the crowd with his rendition of Puccini's "Nessun Dorma," much as Susan Boyle would do with "I Dreamed a Dream" two years later. 11 PM on BRAVO



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 Just adorable
5 Potential syrup
8 Heavy reading
12 Somewhere out there
13 Big bother
14 Suitable
15 Highly rated
17 Incite
18 "Guinness Book" suffix
19 URL ending, often
20 Uncouth
21 — Francisco
22 Marshy area
23 Playwright Chekhov
26 Need
30 Stead
31 No mere mist
32 Notion
33 Panic-stricken
35 Take for one's own
36 Wall Street average
37 Previous night
38 Jazz style
41 Grand —, N.S.
42 Twosome

45 Beige
46 Lasting 60 minutes
48 Carpet type
49 Dadaist pioneer
50 Arab commander
51 "Poppycock!"
52 Still
53 Townshend or Sampras

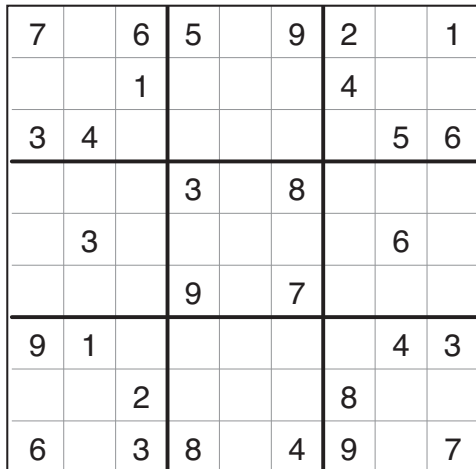
DOWN

1 Eatery
2 Roswell sightings
3 Lacking slack
4 Show fallibility
5 Humpty Dumpty — a wall
6 Leading man?
7 — favor, señor
8 Sightseers' aide
9 Gumbo ingredient
10 Periodicals, briefly
11 Spuds' buds
16 Read bar codes
20 — au vin
21 Old-time prospector
22 Plead
23 Carte lead-in
24 Zilch
25 Afternoon social
26 Scepter
27 Altar affirmative
28 Agt.
29 Corrode
31 A handful
34 Unruly hair
35 State with confidence
37 Burst forth
38 Number one
39 Reverberate
40 Support group?
41 Skin opening
42 Round top
43 Troop group
44 Shrek, for instance
46 Dinner for Dobbin
47 You can't stand to have it

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	1	4	6	9	8	2	7	3
7	9	8	3	2	1	6	5	4
3	6	2	7	4	5	9	1	8
1	8	9	4	6	7	3	2	5
4	7	3	5	1	2	8	9	6
6	2	5	9	8	3	1	4	7
9	3	6	1	7	4	5	8	2
2	5	7	8	3	9	4	6	1
8	4	1	2	5	6	7	3	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Greek Salad with Tahini Dressing

INGREDIENTS:

7 oz (200 g) feta cheese
1 small romaine lettuce, torn
1/2 cucumber, halved lengthwise and sliced
12 oz (375 g) large plum tomatoes, sliced
1 small red onion, halved and thinly sliced
20 pitted black olives
4 tbsp (60 mL) extra virgin olive oil
1 tbsp (15 mL) tahini
1 tbsp (15 mL) lemon juice
4 large sprigs of fresh flat-leaf parsley

METHOD:

1. Remove feta from package, drain liquid and put into small bowl of cold water. Leave to soak while preparing salad.
2. Divide lettuce among

four individual serving plates, then top with cucumber, tomato and red onion slices. Scatter with olives.
3. Whisk oil, tahini, lemon juice and some ground black pepper in bowl or shake in screw-top jar. Scissor-snip parsley into dressing.
4. Drain feta cheese and crumble into small pieces. Scatter two-thirds over salads. Drizzle dressing over salads, then scatter with remaining feta. Serve at room temperature.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
Why are you always talking at cross purposes with other people? Is it your fault or theirs? Make allowances for others — and for yourself.



TAURUS

APRIL 21-MAY 21
You may now regret some of the things you said over the past few days. On the other hand, others respect you more when you speak your mind.



LIBRA

SEPT 23-OCT 23
You will receive some valuable news today. It will be more valuable still if you stop and think before cashing it in. Knowledge can be saved and grown.



SCORPIO

OCT 24-NOV 22
If you must be critical of someone today at least be positive about it. The idea is not to make them feel bad about themselves.



GEMINI

MAY 22-JUNE 21
Today's aspect between Mercury, your ruler, and quarrelsome Mars means you will speak your mind no matter what the consequences might be.



SAGITTARIUS

NOV 23-DEC 21
Current aspects make you feel good but they also make you a bit lazy, so make an effort to do something with today's helpful cosmic rays.



CANCER

JUNE 22-JULY 22
You may not understand the significance of recent events but you do understand that you have been wasting your money on things you really don't need.



CAPRICORN

DEC 22-JAN 20
If you were too cautious yesterday then you can be more daring today. It is still unwise to gamble with money — either your own or other people's.



LEO

JULY 23-AUG 23
You have so much energy at your disposal at the moment that it's hard to decide what to do with it all. For best results try to focus on just one task.



AQUARIUS

JAN 21-FEB 18
You may want to get away from your current environment but you won't be able to. Whatever is keeping you in one place must be faced and dealt with.



VIRGO

AUG 24-SEPT 22
So many things to do and so little time in which to do them. Is that how you feel? If so, the obvious thing to do is to cut back on your commitments.



PISCES

FEB 19-MARCH 20
If you don't understand what is taking place around you at the moment try looking back over the past few months for some clues.



This day in history

1565: The Portuguese founded Rio de Janeiro.
1872: Yellowstone National Park, one of the first national parks in the world, was established.
1939: Trans-Canada Air Lines (forerunner of Air Canada) begins transcontinental operations (between Vancouver and Montreal).
1974: Seven people are indicted for their role in the Watergate break-in.
1981: Provisional Irish Republican Army member Bobby Sands begins his hunger strike in HM Prison Maze.
1992: Bosnia and Herzegovina declares its independence from Yugoslavia.

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*Taxes & other fees
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DOMINICAN REPUBLIC

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*Taxes & other fees
(including service charges): \$297

Samana

Gran Bahia Principe
Cayacoa • 4 ★
All-Inclusive • Standard rm.
Mar. 4 & 18 • 1 wk. **\$779**
*Taxes & other fees
(including service charges): \$297

JAMAICA

Sunset Jamaica Grande
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All-Inclusive • Standard rm.
Mar. 22 & 29 • 1 wk. **\$1299**
*Taxes & other fees
(including service charges): \$267

USA

Las Vegas via Toronto or Montreal

New York New York
Hotel & Casino • 4 ★
Hotel rm.
Mar. 30 • 3 nts. **\$659**
*Taxes & other fees
(including service charges): \$154

Florida | Orlando via Montreal

Holiday Inn Sunspree • 3 ★
Standard rm.
Apr. 14 • 1 wk. **\$839**
*Taxes & other fees
(including service charges): \$124

SAINT LUCIA via Toronto

Almond Morgan Bay • 4 ★
All-Inclusive
Standard pool
and garden view rm.
Mar. 8 • 1 wk. **\$1549**
*Taxes & other fees
(including service charges): \$235

MEXICO

Puerto Vallarta/Riviera Nayarit via Toronto

Canto del Sol
Plaza Vallarta • 3 1/2 ★
All-Inclusive • Standard rm.
Mar. 17 - 31 • 1 wk. **\$849**
*Taxes & other fees
(including service charges): \$288
Please add \$50 for Sat. & Sun. departures

CUBA

Holguin

Sirenis Playa Turquesa • 4 ★
All-Inclusive • Superior rm.
Mar. 20 & 27 • 1 wk. **\$939**
*Taxes & other fees
(including service charges): \$213

Varadero

Sirenis La Salina Varadero • 4 ★
All-Inclusive • Standard rm.
Mar. 26 • 1 wk. **\$1089**
*Taxes & other fees
(including service charges): \$213

DEAL to EUROPE

London
Hotel Ibis London Earls Court • 3 ★
Breakfast • Standard rm.
Apr. 2 • 3 nts. **\$629**
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*Taxes & other fees
(including service charges): \$393

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La Romana via Toronto
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*Taxes & other fees
(including service charges): \$315

MEXICO

Cancun/Riviera Maya via Toronto
Iberostar Paraiso
Beach • 4 1/2 ★
All-Inclusive • Hotel rm.
June 7, 14 & 21 • 1 wk. **\$1299**
*Taxes & other fees
(including service charges): \$295



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